

# Teriyaki Lettuce Wraps

**Makes:** 6 Servings

## Ingredients

**1/4 cup** water  
**1 tablespoon** cornstarch  
**1/2 cup** teriyaki sauce, reduced sodium  
**1 pound** ground turkey, 85% lean (or thinly sliced)  
**1 can** water chestnuts, chopped  
**1 tablespoon** cooking oil  
**6** iceberg lettuce leaves

## Directions

1. Mix the water, cornstarch, and teriyaki sauce.
2. Add meat and water chestnuts.
3. Heat oil in a skillet or heavy saucepan and add meat mixture; stir until cooked through.
4. Serve in a lettuce leaf.

## Notes

Ground or thinly sliced beef or pork can be substituted for turkey.